

EXPEDITION

HIGH SCHOOL • 1 WEEK

www.camptekoa.org • 828-692-6516



OVERVIEW

Are you ready to challenge the limits of your summer experience? Expedition is designed to allow campers the opportunity to spend the entire week on a five-day/four-night excursion through the beautiful Ridge Mountains. Campers will spend two-days/two-nights backpacking, followed by an overnight canoe trip to a campsite on beautiful Lake Jocassee, and finish up with a caving trip in Worley's Cave in East Tennessee. Campers will be back in time to experience Tekoa's closing campfire and candlelight service.



PHYSICAL FITNESS

- Carry a pack 35-50 lbs
- Hike 10 miles a day (+/- 20 miles total)
- Paddle across open lake water with camping gear
- Comfortable in narrow and tight spaces

ADVENTURE ACTIVITIES



CAVE



CANOE



BACKPACK



SKILLS LEARNED

- Packing a Backpack
- Water Purification
- Food prep and cooking
- Paddling techniques
- Basics of Leave No Trace (LNT)
- Campsite selection, organization and setup
- Backcountry sanitation and Hygiene
- Cave Etiquette
- Gear Considerations for Caving



PACKING LIST

Please put your camper's name on all belongings

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|---|---|
| ☐ Bible, notebook & pen/pencil | ☐ Flashlight or Headlamp (with extra batteries) |
| ☐ Water bottle or canteen with screw-on lid | ☐ Shorts & long pants |
| ☐ Shirts (short & long sleeved) | ☐ Sweatshirt, sweater or jacket |
| ☐ Rain coat with hood or cap | ☐ Bathing suit (females: 1-piece) |
| ☐ Towels & washcloths | ☐ Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| ☐ Pillow & Sleeping Bag | ☐ Insect repellent & sunscreen (if desired) |
| ☐ Sunblock | ☐ Good sturdy shoes for hiking |
| ☐ A sleeping bag | ☐ Sleeping foam pad (if desired) |
| ☐ Extra socks | ☐ Extra dry clothes |
| ☐ Mesh bag | ☐ Plastic bag to put wet clothes in |
| ☐ Bathing Suit (2 if you have them) | ☐ Clothing that can get dirty |
| ☐ Sturdy closed-toed shoes or boots | |
| ☐ Bathing suit or clothing that can get stained (Camp Tekoa has a mud pit and slip-n-slide – participation is optional) | |
| ☐ River sandals (sandals with a heel strap) or old tennis shoes (bring at least 2 pair). Do not plan to wear flip-flops on canoe trip. | |

REMINDER: Please remember to keep electronic devices at home - this includes **cell phones, apple watches, etc.**